

NN-1058

# C245

ASSEMBLY INSTRUCTIONS

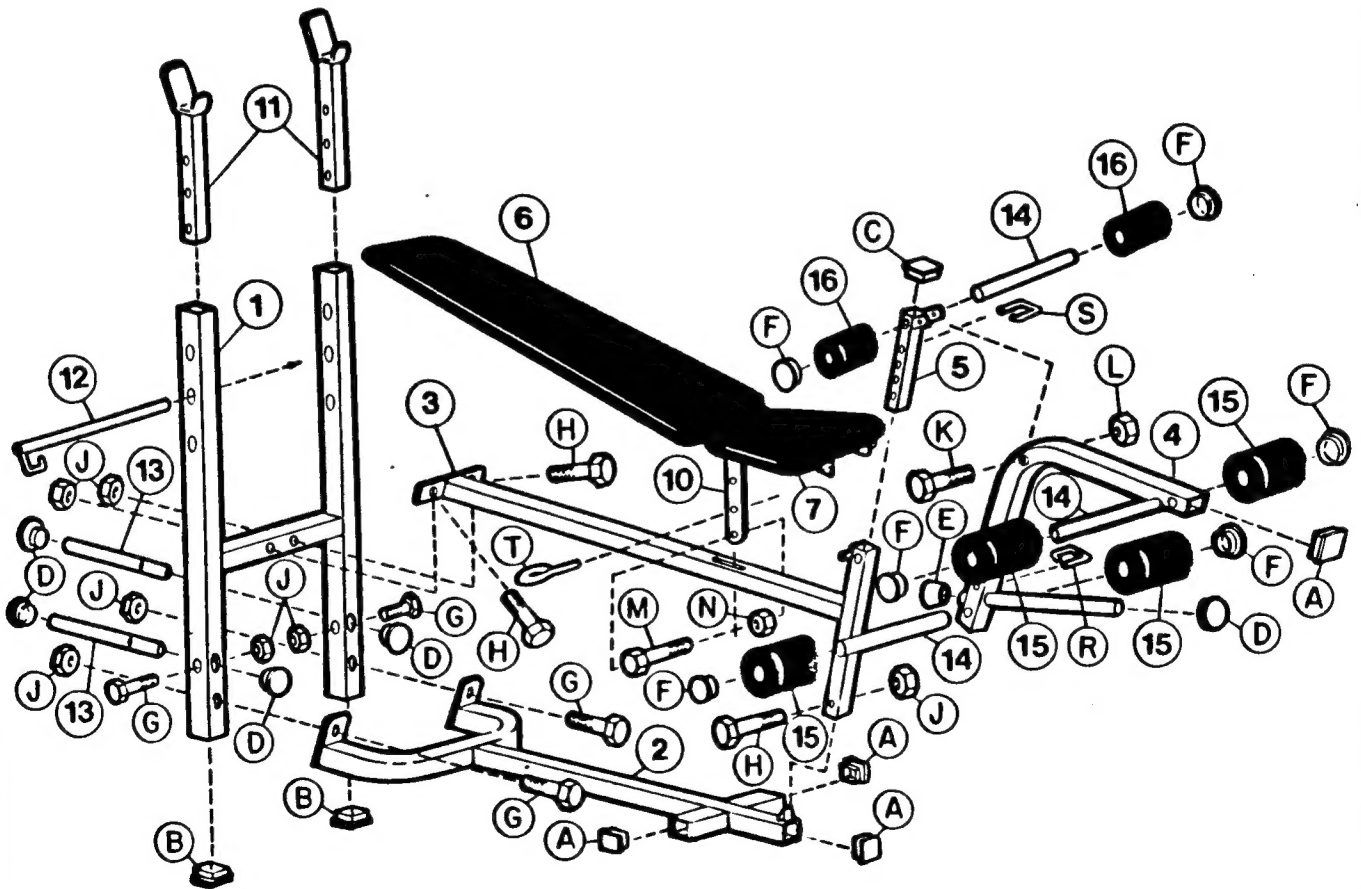
● REPLACEMENT PARTS

## WEIDER®

WEIDER HEALTH AND FITNESS  
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

# TABLE OF CONTENTS

	PAGE
Diagram	1
Parts List	2
Repair Parts and Service	2
Hardware	3
Assembly Instructions	4
Step 1 Base Frame Assembly	4
Step 2 Main Frame Assembly	4
Step 3 Backrest and Seat Preparation	5
Step 4 Backrest and Seat	5
Step 5 Replacement of Short Angle Iron	5
Step 6 Leg Curl Assembly	6
Step 7 Leg Curl	6
Step 8 Completed Bench	6



C245

## PARTS LIST

3-10-89

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	KC07-0240
2	BASE FRAME	1	KC07-0194
3	MAIN FRAME	1	KC07-0195
4	LEG CURL	1	KA09-0113
5	LEG CURL ADJUSTER	1	KA09-0112
6	BACKREST	1	KC07-0364
7	SEAT	1	KC07-0365
8	LONG ANGLE IRON	2	KC07-6132
9	SHORT ANGLE IRON	2	KC07-6133
10	SEAT ADJ T	1	KA09-6049
11	ADJUSTABLE UPRIGHT	2	KA09-0207
12	BACKREST ADJ BAR	1	KA06-6054
13	WEIGHT STACK PIN	2	KC07-6134
14	PAD BAR	3	KA09-6050
15	LARGE FOAM PAD	4	KC07-0434
16	SMALL FOAM PAD	2	KC07-0433
	HARDWARE BAG	1	KC07-5799
A	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
B	2" SQUARE PLASTIC CAP	2	AA-8002
C	1 1/4" SQUARE PLASTIC CAP	1	AA-8069
D	1" ROUND PLASTIC CAP	5	AA-8005
E	1" COVER CAP	1	AA-8070
F	3/4" ROUND PLASTIC CAP	6	AA-8004
G	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
H	5/16"-20 X 2" HEX HEAD BOLT	3	HH-5017
J	5/16"-20 LOCK NUT	7	HH-5021
K	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
L	3/8"-16 LOCK NUT	1	HH-5013
M	1/4"-20 X 3/4" MACHINE SCREW	1	HH-5022
N	1/4"-20 LOCK NUT	1	HH-5011
P	*1/4"-20 X 3/4" HEX HEAD BOLT	8	HH-5032
R	LARGE LOCKING PIN	1	WW-7004
S	SMALL LOCKING PIN	1	WW-7002
T	EYELET PIN	1	WW-7005
	UPRIGHT DECAL	2	DE-4078
	INSTRUCTION MANUAL	1	KNN-1058
	*PREASSEMBLED WITH BACKREST & SEAT		

ALL OF THE PARTS FOR  
AND FITNESS, PARTS  
62450. WHEN ORDERING  
PRICES. PRICES MAY  
HARDWARE ITEMS ARE

## TO OBTAIN PARTS

IF YOU FIND THIS PART,  
PART, WRITE THE ABI

ALWAYS INCLUDE THE  
● MODEL NO.

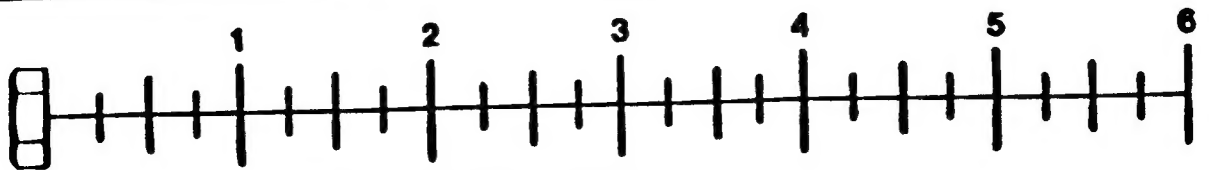
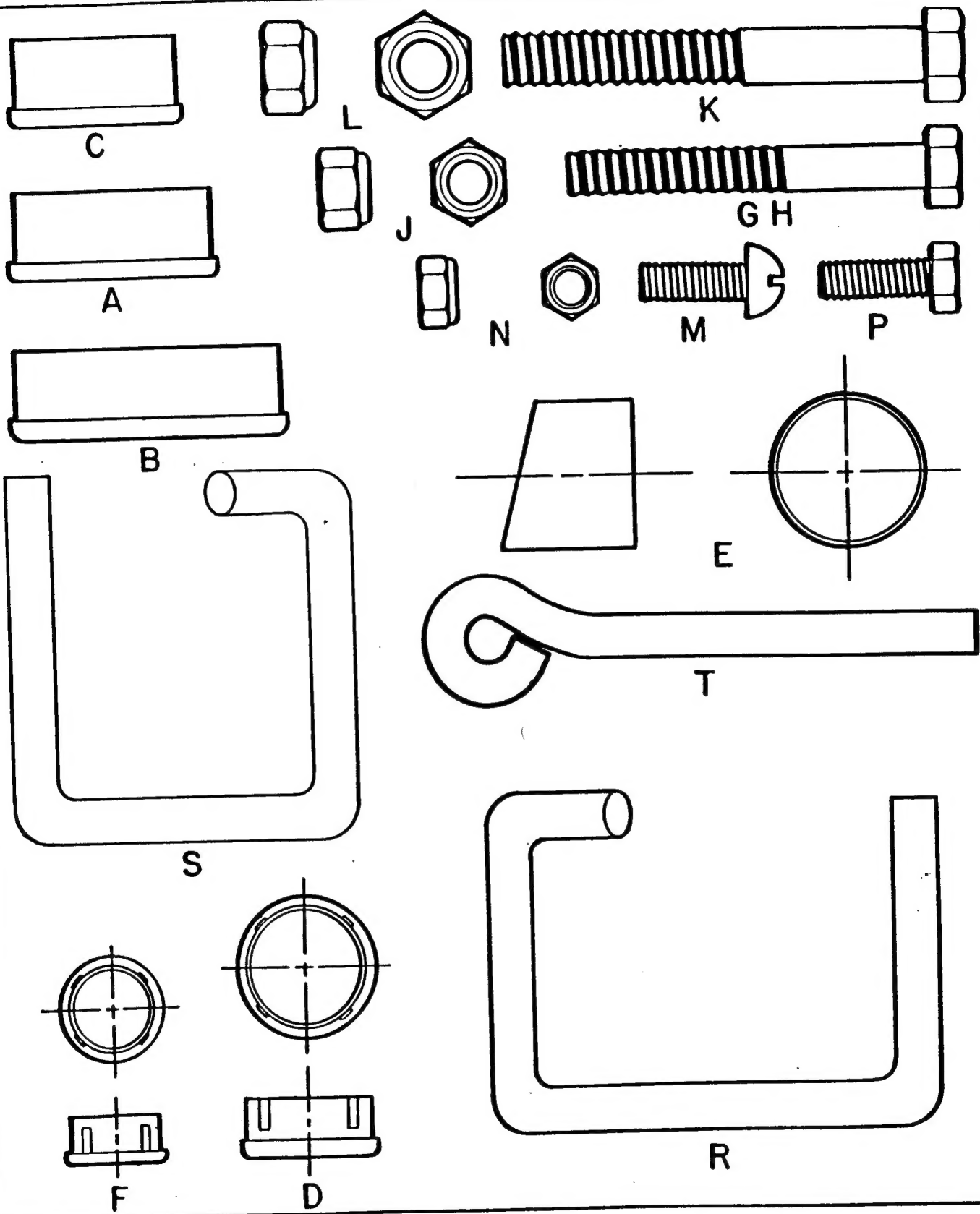
C245

FROM WEIDER HEALTH  
T. OLNEY, ILL.  
AT THE CURRENT  
E. STANDARD

HERE YOU

ART OR A MISSING  
ICE AT 1-800-225-0653.

6 PARTS:  
NG NUMBER



## ASSEMBLY INSTRUCTIONS

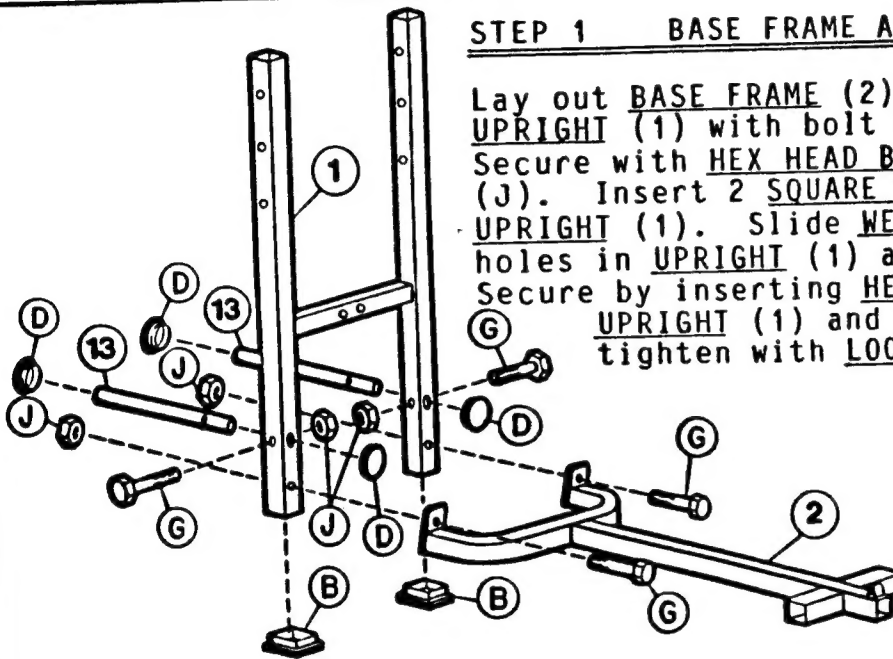
BEFORE STARTING, REMOVE ALL PIECES FROM THE BOX AND PACKING AND LAY THEM OUT ON A CLEAN SURFACE.

CHECK THE PARTS LIST TO VERIFY THAT YOU HAVE ALL THE PIECES. THE DIAGRAM ON PAGE 1 WILL ALSO BE HELPFUL. CHECK THE HARDWARE WITH THE HELP OF PAGE 3 AND THE PARTS LIST ON PAGE 2.

### TOOLS NEEDED:

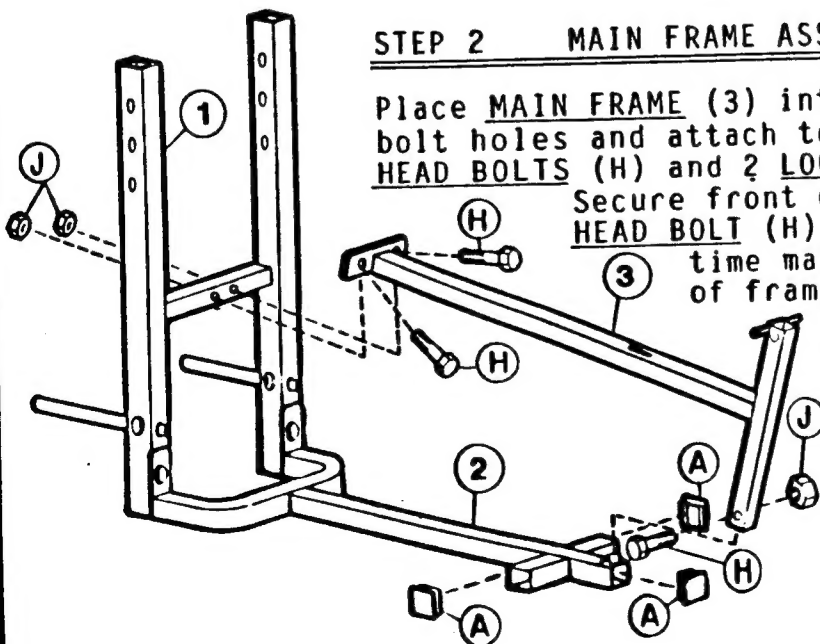
- FLAT HEAD SCREWDRIVER
- ADJUSTABLE WRENCH
- PLIERS
- HAMMER

### STEP 1 BASE FRAME ASSEMBLY

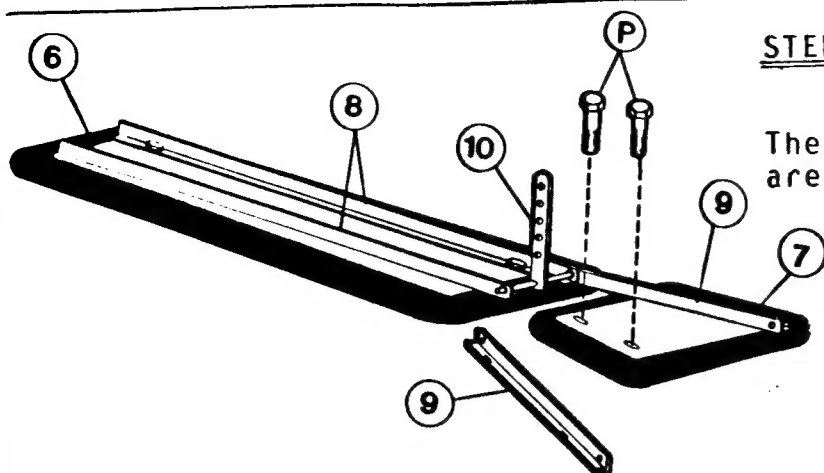


Lay out BASE FRAME (2). Align bolt holes of UPRIGHT (1) with bolt holes on BASE FRAME (2). Secure with HEX HEAD BOLTS (G) and LOCK NUTS (J). Insert 2 SQUARE PLASTIC CAPS (B) into UPRIGHT (1). Slide WEIGHT PINS (13) through holes in UPRIGHT (1) aligning bolt holes. Secure by inserting HEX HEAD BOLTS (G) through UPRIGHT (1) and WEIGHT PIN (13) and tighten with LOCK NUT (J).

### STEP 2 MAIN FRAME ASSEMBLY

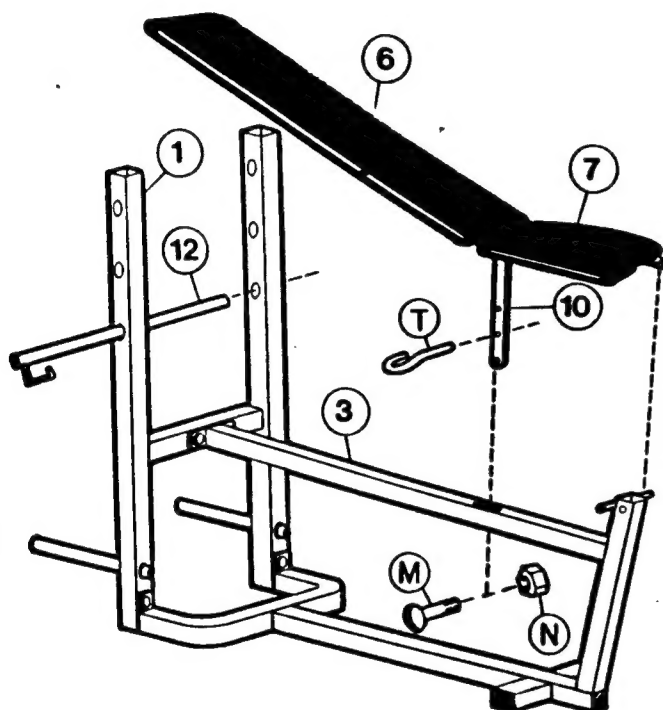


Place MAIN FRAME (3) into position as shown. Align bolt holes and attach to UPRIGHT (1) with 2 HEX HEAD BOLTS (H) and 2 LOCK NUTS (J). Finger tighten! Secure front of MAIN FRAME (3) with HEX HEAD BOLT (H) and LOCK NUT (J). At this time make sure to tighten all bolts of frame assembly. Place 3 SQUARE PLASTIC CAPS (A) into BASE FRAME (2).



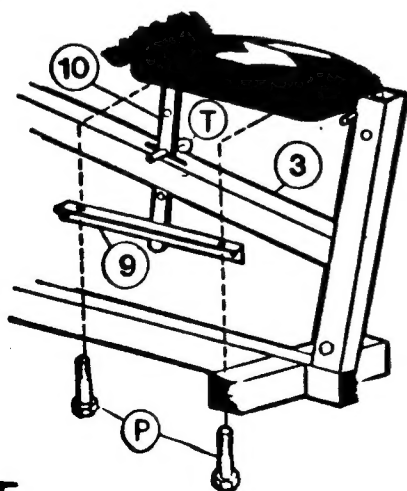
### STEP 3 BACKREST and SEAT PREPARATION

The BACKREST (6) and SEAT (7) are shipped assembled. Turn this assembly over to expose the work area. Remove 2 HEX HEAD BOLTS (P) from Seat and then remove 1 SMALL ANGLE IRON (9).



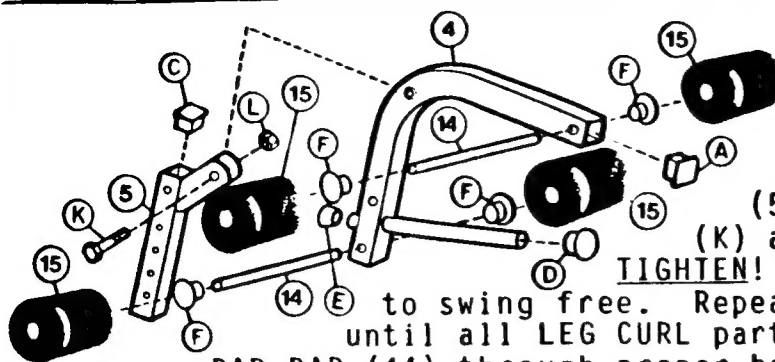
### STEP 4 BACKREST AND SEAT

To aid in this assembly, slide BACKREST ADJ. BAR (12) into any of the hole patterns on the UPRIGHT (1). Lower BACKREST (6) and SEAT (7) assembly to MAIN FRAME (3). Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and place SEAT ADJ T (10) through slot on MAIN FRAME (3). MACHINE SCREW (M) and LOCK NUT (N) are placed in the last hole of SEAT ADJ T (10) to prevent the SEAT ADJ T from leaving the slot in the MAIN FRAME (3). EYELET PIN (T) is used to adjust the height of the BACKREST and SEAT ASSEMBLY.



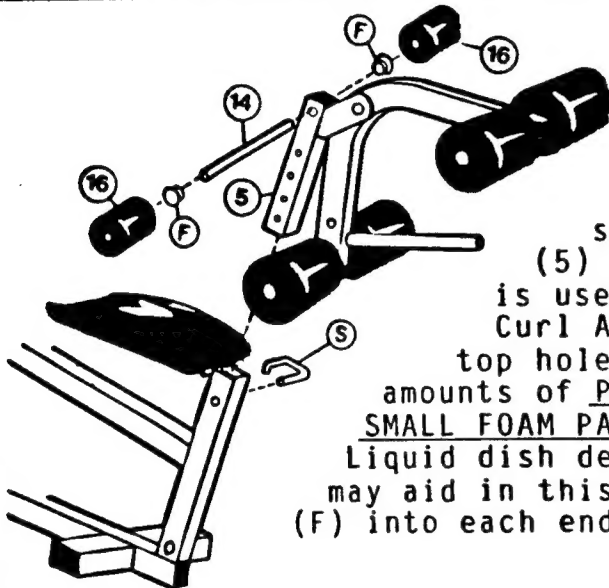
### STEP 5 REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly EYELET PIN (T) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (9) over pivot rod on MAIN FRAME (3) and pivot rod on SEAT ADJ T (10). Replace 2 HEX HEAD BOLTS (P) that were removed in STEP 3.



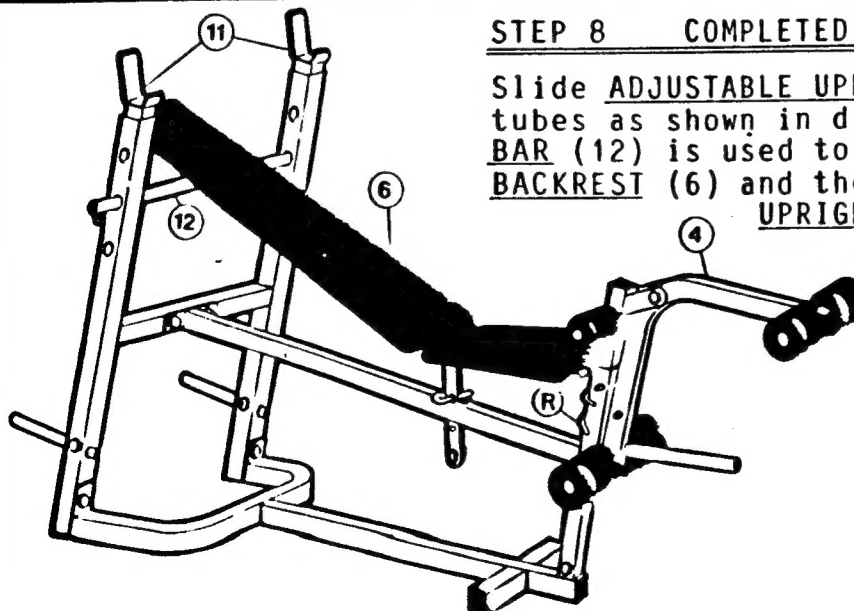
#### STEP 6 LEG CURL ASSEMBLY

Position LEG CURL (4) between brackets on LEG CURL ADJUSTER (5). Secure with 1 HEX HEAD BOLT (K) and 1 LOCK NUT (L). DO NOT OVER TIGHTEN! The LEG CURL (4) must be able to swing free. Repeat the following instructions until all LEG CURL parts are in place. First, slide PAD BAR (14) through proper hole in the LEG CURL (4) until equal amounts of PAD BAR (14) are on both sides of LEG CURL (4). Slide LARGE FOAM PAD (15) onto each end of PAD BAR (14). A small amount of liquid dish detergent may be an aid in this operation and also provides an adhesive substance to help hold the pads in place. Insert ROUND PLASTIC CAP (F) into each end of PAD BAR (14). Insert SQUARE PLASTIC CAP (A) into end of LEG CURL (4). Insert ROUND PLASTIC CAP (D) into weight pin on LEG CURL (4). Slide COVER CAP (E) over rear extended piece of weight pin on LEG CURL (4). Insert SQUARE PLASTIC CAP (C) into top of LEG CURL ADJUSTER (5).



#### STEP 7 LEG CURL

With assembled Leg Curl extended slightly forward lower LEG CURL ADJUSTER (5) into Main Frame tube. LOCKING PIN (S) is used to position the height of the Leg Curl Assembly. Slide PAD BAR (14) through top hole in LEG CURL ADJUSTER (5) until equal amounts of PAD BAR (14) are on both sides. Slide SMALL FOAM PAD (16) onto each end of PAD BAR (14). Liquid dish detergent rubbed onto the Pad Bar ends may aid in this assembly. Insert ROUND PLASTIC CAP (F) into each end of PAD BAR (14).



#### STEP 8 COMPLETED BENCH

Slide ADJUSTABLE UPRIGHTS (11) into Upright tubes as shown in diagram. The BACKREST ADJ BAR (12) is used to adjust the height of the BACKREST (6) and the height of the ADJUSTABLE UPRIGHTS (11). LOCKING PIN (R) is used to lock LEG CURL (4) to the Main Frame.